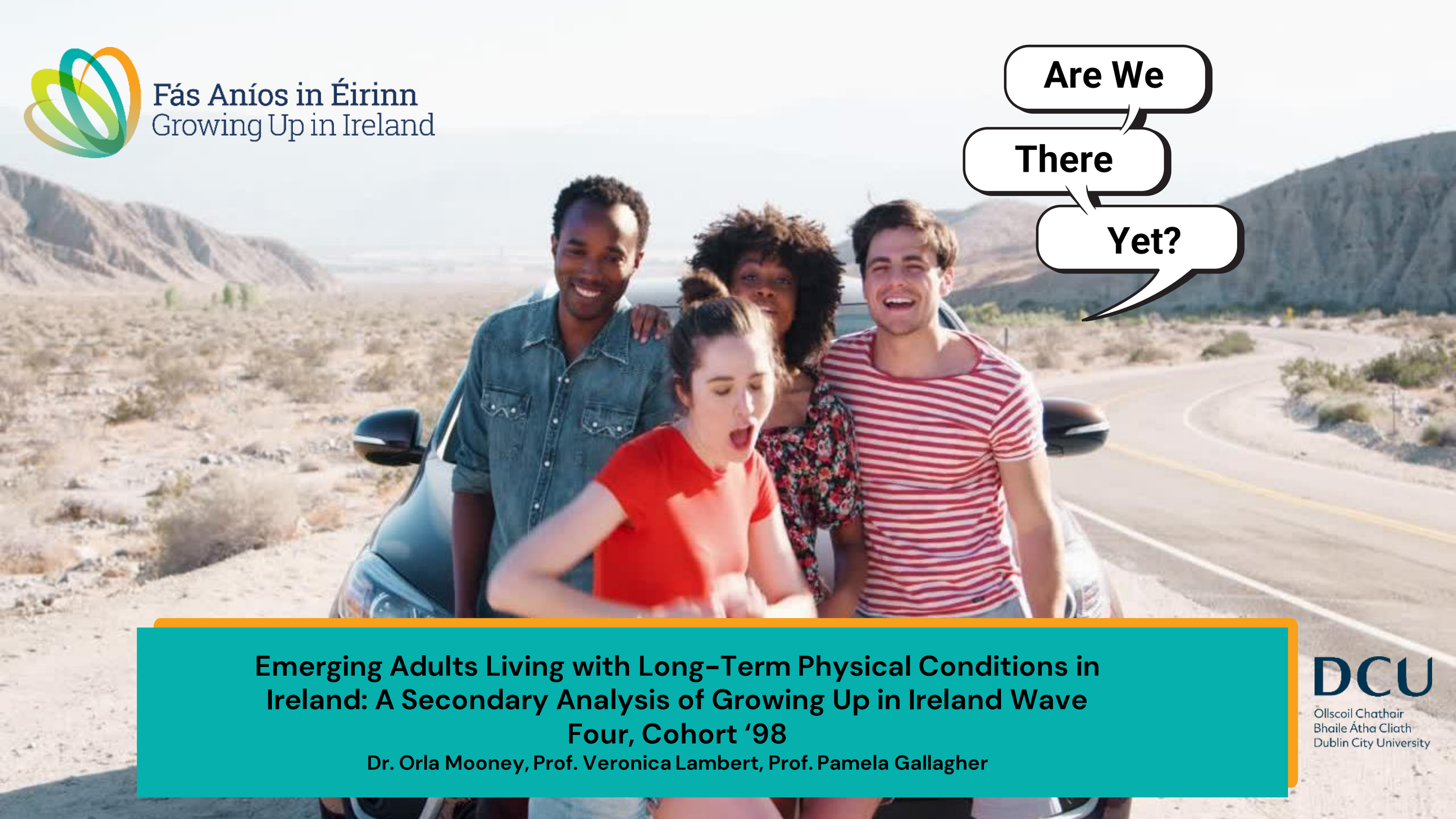
Fás Aníos in Éirinn
Growing Up in Ireland



Emerging Adults Living with Long-Term Physical Conditions in Ireland: A Secondary Analysis of Growing Up in Ireland Wave Four, Cohort '98

Dr. Orla Mooney, Prof. Veronica Lambert, Prof. Pamela Gallagher

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- Both a risk & a protective factor for self-management (SM)
- Different support levels for both individual & family

- 18 – 25 years
- Diverse period of change
- Many life transitions

- Identity Exploration
- Instability
- Self-Focus
- Feeling In-Between
- Possibilities

- A distinct group
- Do experience the five features within SM
- Face many challenges
- Few studies have explored Arnett’s theory
- Lack of quantitative, comparative studies

RATIONALE

- Emerging Adulthood is distinct group
- Emerging Adults with LTPC, do experience the five features within their SM tasks
- They can face many challenges as it is a highly unstable time
- Few studies have explored using the lens of Arnett's Theory of Emerging Adulthood
- Lack of quantitative, comparative studies

GROWING UP IN IRELAND

Wave 4 of GUI:
Cohort '98, emerging adults aged 20 years



AIM

A cross-sectional, secondary analysis comparing emerging adults living with LTPC to their peers living without LTPC, to identify if and how they vary in their experiences of emerging adulthood through the lens of Arnett's Theory of Emerging Adulthood

Total Wave 4 Participants: 5190

EXCLUDED



Participants who did not indicate a condition: 6

Participants with Mental Conditions only: 360

Participants with Mental and Physical: 36



INCLUDED

Final Sample: 4788

380 with LTPC
4408 without LTPC

MAPPING GUI VARIABLES ONTO ARNETT'S THEORY OF EMERGING ADULTHOOD

Wave 4 did not directly measure the five features; relevant GUI variables were mapped onto Arnett's framework.

Age of Identity Exploration

Identity Formation

- Confidence in Irish State institutions
- Life Satisfaction
- Rosenberg Self-Esteem Scale

Navigating Relationships

- How many friends
- How many are CLOSE friends
- Is there someone you can turn to for help
- contact with mother/father
- Network of Relationship Inventory

Age of Instability

Life Transitions

- Do you live at an address other than parents' address
- Final year school programme
- Sit Leaving Certificate exam
- Primary economic status

Taking Health Risks

- Overall risk-taking
- Smoking, vaping and alcohol

Uncertainty

- Making ends meet
- Healthcare cover
- Unmet medical needs (doctor/consultant)

Age of Self-focus

Learn how to be self-sufficient

- Aspirations to achieve by age 30

Age of Feeling In-between

Feeling not yet adult

- Consider self to be an adult
- Taking on adult responsibilities

Age of Possibilities

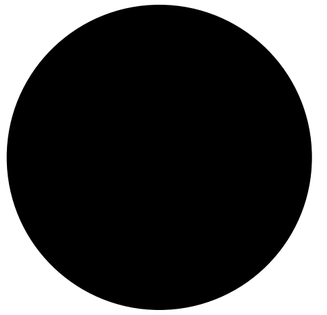
Availability of Choices

- Likelihood of living in Ireland in five years' time

Being Optimistic

- Concerned about poverty, decent employment opportunities and housing in Ireland

The Five Features of Arnett's Emerging Adulthood (Arnett, 2004; 2015)	
Features of Emerging Adulthood	Description
Age of Identity Exploration	Involves emerging adults exploring different types of relationships (e.g., romantic and sexual) and ideologies (e.g., political) looking to answer the question "who am I and what do I want?". Developing their sense of self as they become more independent from their parents and exit the second-level school systems
Age of Instability	Represents many explorations and transitions of this stage (e.g., starting college or new job, moving homes). The freedom and ability to make decisions means there are many opportunities for experimentation and risk-taking thus further increasing the instability of this stage
Age of Self-Focus	The freedom from restrictions and obligations means that this is very much an "age of self-focus" and by focusing on the self, emerging adults learn how to become self-sufficient
Age of Feeling In-Between	Emerging adults feel on the way to adulthood but not quite there, "in-between". They are gradually making their way to achieving the main adult goals of accepting responsibility for themselves, making independent decisions and becoming financially responsible for themselves
Age of Possibilities	It is an optimistic time as many different futures are possible with high hopes and great expectations. The potential for changing direction offers many choices for emerging adults to set and work towards achieving their goals



SOCIODEMOGRAPHICS

- Age
- Gender
- Living Arrangements
- Medical Cover
- Education
- Primary Economic Status
- Family Household Income

- Any ongoing chronic physical or mental health problem, illness or disability (recoded to ICD-10)

- Hampered in daily life by problem, illness or disability

GROUP COMPARISONS

Welch Two Sample T-Tests
Chi-Square Tests for Independence
Fisher's Exact Tests



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*BONFERRONI CORRECTION FOR MULTIPLE COMPARISONS WAS APPLIED TO REDUCE THE RISK OF TYPE I ERRORS

MORE SIMILAR TO PEERS THAN DIFFERENT

SIMILARITIES

- Confidence in Irish State Institutions
- Self-Esteem

- Friendships
- Relationships with Parents
- Family Cohesion

- Living Arrangements
- Willingness to Take Risks
- Smoking
- Vaping
- Making Ends Meet



SIMILARITIES

- Aspirations by Age 30 (except owning a car)

- Where they expected to live in five years
- Concerns about poverty, employment and housing

THE DIFFERENCES

DIFFERENCES

- Life Satisfaction

- Final School Year Programme
- Sitting the Leaving Certificate
- Primary Economic Status **58.3%/69.1% HE**
- Alcohol (lower)
- Having a Medical Card
- Unmet Medical Needs (doctor) **23.7/13.2%**
- Unmet Medical Needs (consultant) **9.2/3.1%**



DIFFERENCES

- Aspirations by Age 30 (owning a car)

- Felt less adult
- Felt they took on adult responsibilities faster **46.3/35.4%**

POST-HOC REGRESSION ANALYSES

Within the LTPC group only

Impact of Condition

Parent Educational Attainment

Gender



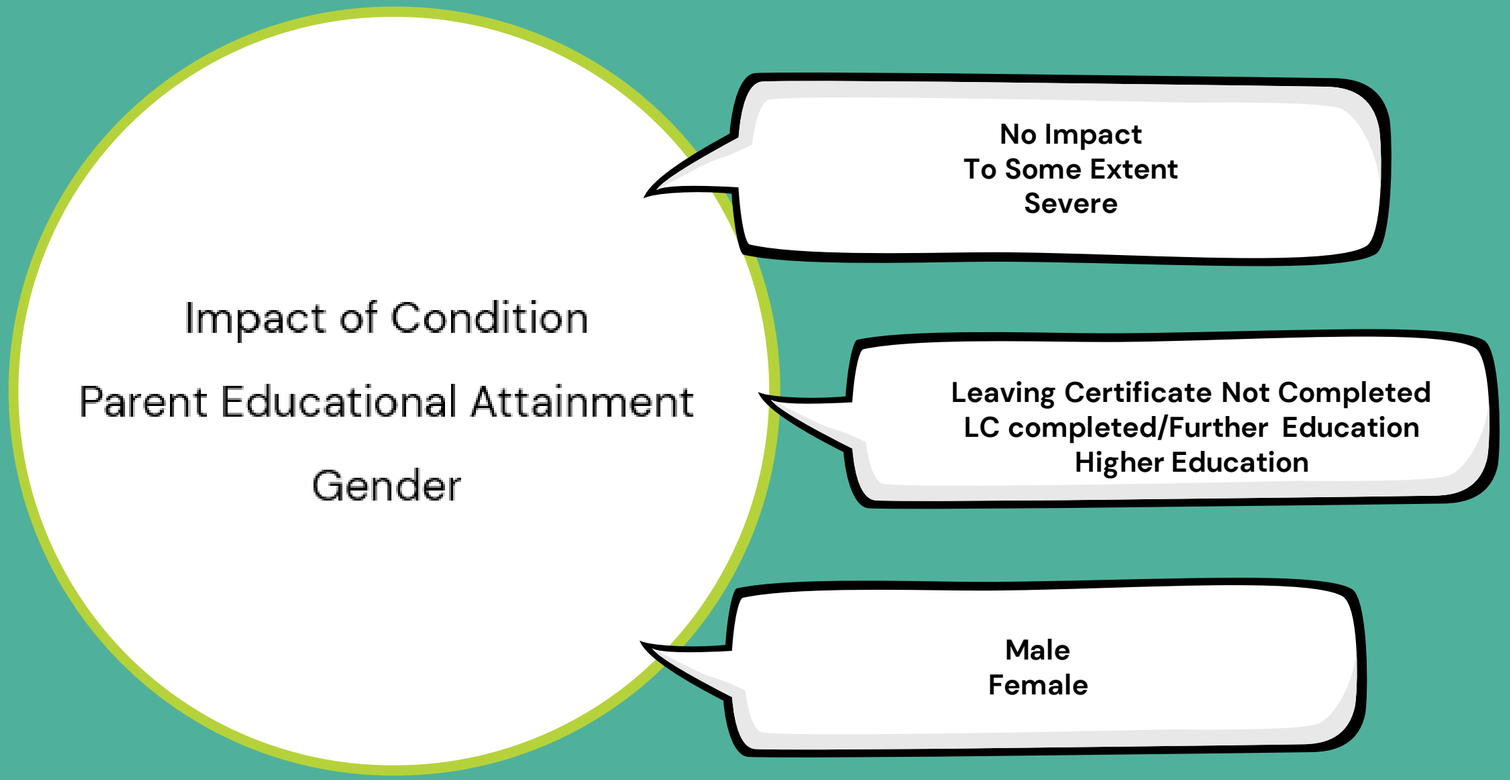
Key Variables

Where There Were

Group Differences

POST-HOC REGRESSION ANALYSES

Within the LTPC group only



SUMMARY

Within the LTPC group only

IMPACT

- Lower life satisfaction
- Final-year school prog
- Primary economic status
- Medical-card status
- Feeling like an adult

EDUCATION

- Final-year school prog
- Primary economic status
- Medical-card status
- Feeling like an adult

GENDER

- Alcohol consumption

IMPACT OF CONDITION	FINDINGS
TSE	Lower life satisfaction
TSE	Taking alternative LC programme and more likely to be unemployed
SI	Having a medical card
TSE	More likely to feel like an adult

PARENT EDUCATION

FINDINGS

Lower parental educational attainment was associated with taking alternative LC programme

Parents who did not complete LC associated with being in FE or working compared to those who had HE

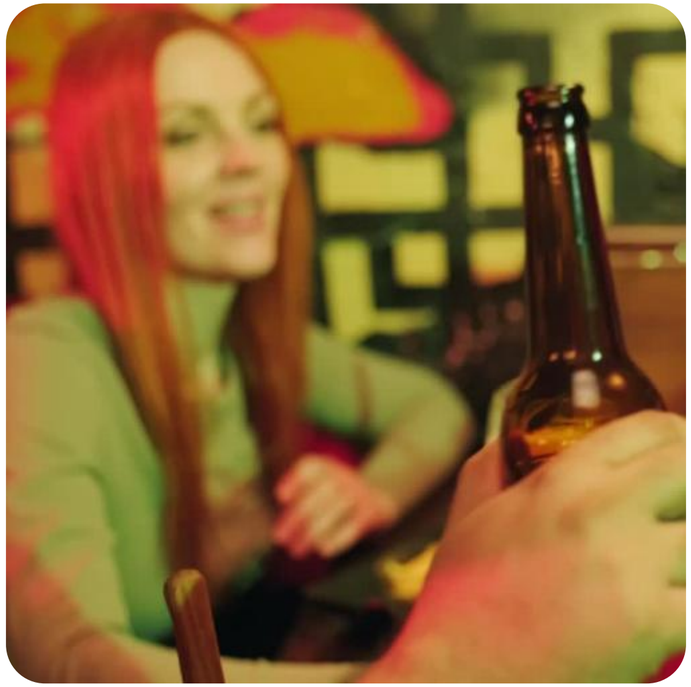
Parents who did not complete LC associated with being more likely to have a GP card or medical card

Parents who did not complete LC associated with feeling more like an adult

GENDER

FINDINGS

Males had lower AUDIT (alcohol consumption) scores than females



GROWING UP IN IRELAND

Wave 4 of the GUI study:
Cohort '98, emerging adults aged 20 years



DISCUSSION

- Many aspects of emerging adulthood were similar across groups
- Differences were concentrated particularly around instability (education and employment pathways)
- Young people with LTPC felt less adult, but also felt they had grown up faster
- Impact of condition and parental education were associated with several outcomes related to emerging adulthood

LIMITATIONS

- GUI variables were mapped to Arnett's framework rather than directly measuring it
- Cross-sectional analysis at approximately age 20
- Higher socioeconomic families were over-represented

Self-Management
&
Emerging Adulthood

Longitudinal:
GUI at age 25

Condition
Specific

Age
of
Diagnosis



Yeah, we're happy, free, confused
and lonely at the same time
It's miserable and magic, oh yeah
Tonight's the night when we forget
about the deadlines
It's time, oh-oh
I don't know about you,
but I'm feeling 22

Taylor Swift, 22


THANK
YOU???

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